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POWER AND DEFIANCE

Police officers arrest an anti-Russian demonstrator from the group Femen outside an emergency meeting of European Union foreign ministers at the EU Council building in Brussels on Monday. EU foreign ministers met in an emergency session to discuss the ongoing crisis in Ukraine. **More coverage, page 3.** THE ASSOCIATED PRESS

Parties demand action from feds on grain backlog

Ongoing crisis.
Emergency motion passes as legislative session begins

MARCO VIGLIOTTI
Metro in Regina

The Saskatchewan Party government and the opposition New Democrats have backed an emergency motion calling for Ottawa to act swiftly to end a grain transport backlog hurting the province.

The motion, passed in the house on Monday on the first day of a legislative session, asks the federal government to intervene in the crisis to ensure a steady flow of grain on national rail lines.

"The federal government ... needs to make happen by force what's not happening voluntarily," Premier Brad Wall told reporters in Regina.

"It's a duopoly, there's only two major rail companies.... Government, from time to time, may have to step in."

Wall pointed to mandated service agreements as a potential solution to the ongoing crisis, but stressed that the province isn't "picky" and would back any measure from Ottawa that hastens shipments.

"There are certain tools available to the (federal) government, because of legislation, that would require the grain-handling companies and the railroads to sit down and come to some sort of service-level agreements," he noted.

"But they're voluntary, and there have never been such agreements."

After a record-setting harvest this past fall, Saskatchewan farmers have struggled to get their products to market while watching their bumper crops languish in bins across the province.

A shortage of locomotives has been cited as a major problem, as crops grapple for space with oil and other commodities.

Wall called the ongoing delay a "serious situation" that has jeopardized the reputation of Canada's agricultural sector, and signalled that the province will continue to explore options to ship grain through the U.S. in a bid to remove the bottleneck.

Despite supporting the largely symbolic measure, NDP Leader Cam Broten accused the Saskatchewan Party of failing to forcefully push the issue with Ottawa. He scoffed at Wall's comments praising federal Agriculture Minister Gerry Ritz's handling of the file.

"I have not heard from one producer who thinks that Gerry Ritz is doing a good job," Broten said.

"I'm concerned why the provincial government would take that position."

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Second homicide of 2014

Cops identify 2 men accused of murder

Police in Saskatoon have released the names of two men accused of killing another man who was celebrating his 29th birthday when he died.

Officers answered a call Saturday night about a fight at a bar and found three injured men in a parking lot when they arrived.

All three were taken to hospital where one of them, Dustin Boulet, died.

Police say the death is Saskatoon's second homicide of the year.

Nathan Joseph, who is 27, is charged with second-degree murder and two counts of aggravated assault.

Estevan Fuenzalida, who is 24, is charged with accessory after the fact to second-degree murder and two counts of accessory after the fact to aggravated assault. THE CANADIAN PRESS/CKOM

Coal technology panellist

Mr. Wall goes to Washington

Premier Brad Wall will promote Saskatchewan's work in reducing greenhouse gas emissions through carbon-capture and storage (CCS) technology at a symposium in Washington, D.C., on Wednesday.

Wall will be a featured panellist at a coal technology convention on Capitol Hill.

Premier Brad Wall METRO

He plans to discuss Saskatchewan's CCS research and the opening of SaskPower's Boundary Dam 3 planned for this year. The dam is the "world's first commercially viable project to capture carbon dioxide from a coal-combustion power plant," says a Saskatchewan government news release.

In Washington, the premier will also advocate for approval of the proposed Keystone XL oil pipeline and discuss the negative impact in Canada of country-of-origin labelling legislation recently passed in the U.S. METRO

Gov't forced health regions to lower demands, says NDP

Health Minister Dustin Duncan said the health regions have to share the available money. MARCO VIGLIOTTI/METRO

$10M fund?

Documents provided by Opposition show demands for seniors homes were dropped in revised proposal

The Opposition NDP is accusing the Saskatchewan government of forcing health regions to scale back requests for what they need for seniors-care homes.

Health regions asked for such things as lifts, bathtubs and nurse-call systems after the province set up a $10-million fund last fall to deal with urgent problems at long-term care homes.

The NDP says health regions were told to lower their demands.

"There is a ranking that needs to take place within the important things," NDP Leader Cam Broten said Monday. "But in looking at most of the requests, it came down to staff, it came down to bathtubs, it came to having appropriate lifts. So that's where the dollars should have been focused and most regions were pretty clear on that."

For example, documents provided by the NDP show that the Five Hills Health Region asked for nine new nurse call systems at a cost of about $1.1 million. The region said in its request that most of its facilities have old nurse-call systems.

But the documents show the request was dropped in a revised proposal.

The Saskatoon Health Region initially asked for 100 lifts, saying "inventory is not meeting demands for direct resident care or safety."

Its revised request was for 56 lifts, cutting the money needed from $1 million to $560,000.

Health Minister Dustin Duncan says health regions knew the fund was limited when it was created.

"We asked for the regions to then determine where they would allocate dollars," Duncan said.

"Then we had to go back to the regions … because the $10 million would have been spent essentially by … one health region." THE CANADIAN PRESS

Sask. companies ahead of curve in women's representation

Women in Saskatchewan are carving out a space at the executive tables of the province's most influential companies.

According to the 2013 Catalyst Census, which tracks gender diversity on director boards for the Financial Post's list of 500 biggest Canadian corporations, Saskatchewan ranks high with women occupying 23.2 per cent of available seats, second only to Nova Scotia.

"Despite the fact that it's a small sample size, something good is happening," said Alex Johnston, executive director of Catalyst.

Johnston explained just nine major companies are headquartered in Saskatchewan. By comparison, she said, there are 83 based in Alberta and 63 in Ontario.

"We view 25 per cent as the sweet spot, so those companies are closing in on that sweet spot where you legitimately start to see the kind of cultural change that's fairly transformative," Johnston said.

The study found that overall women held 15.9 per cent of board seats in 2013, representing an increase of around 1.5 per cent from the 2011 data.

In addition, Crown corporations earned the highest rating of women's representation at 30.4 per cent, while private-sector companies dropped a fraction of a point to 18.6 per cent.

Betty-Ann Heggie, a Saskatchewan businesswoman who climbed the ladder at PotashCorp to senior vice-president status before retiring in 2007, said a possible explanation for Saskatchewan's score is there are more government boards than private boards in the province.

"The private sector is amazingly slow at getting women on boards," said Heggie. "They go with what they know and they're generally more comfortable with some guy who looks like them and sounds like them." JACOB MORGAN/METRO

'Competitive' Canadians

One of the reasons gender diversity is so important, said Johnston, is because "we cannot be truly competitive as a country if we're not leveraging our full talent pool."

Russia setting agenda in Ukraine

'Dangerous escalation.' The U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russian troops said to be 16,000 strong tightened their stranglehold on Ukraine's Crimean Peninsula on Monday, openly defying the U.S. and the European Union and rattling world capitals and stock markets.

The West struggled to find a way to get Russia to back down, but with little beyond already threatened diplomatic and economic sanctions, global markets fell sharply over the prospect of violent upheaval in the heart of Europe.

For its part, Moscow reiterated its price for ending the crisis: Restoration of a deal reached with the opposition less than two weeks ago to form a national unity government in Kyiv that represents pro-Russian as well as Ukrainian interests, with new elections to be held by December.

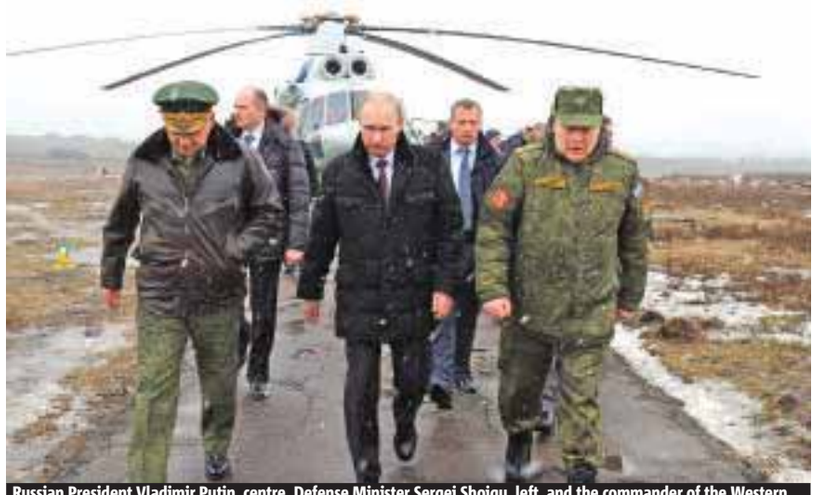
Ukraine, meanwhile, accused Russia of piracy for blocking two of the besieged country's warships and ordering them to surrender or be seized.

The U.S. originally estimated that 6,000 Russian troops were dispatched to Crimea, but Ukraine's mission to the United Nations said Monday that 16,000 had been deployed. That stoked fears that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine.

U.S. Secretary of State John Kerry was headed to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit for Thursday. The Pentagon said it was suspending exercises and other activities with the Russian military.

But it was Russia that appeared to be driving the agenda.

Foreign Minister Sergey Lavrov said at a UN Human Rights Council session in Geneva that Ukraine should return to an agreement signed last month by pro-Russian President Viktor Yanukovych — but not Moscow — to hold early elections and surrender some powers. Yanukovych fled the country after sealing the pact with the opposition and foreign ministers of France, Germany and Poland.



Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, arrive to watch military exercises near St.Petersburg, Russia, on Monday.
MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

"Instead of a promised national unity government," Lavrov said of the fledgling new administration in Kyiv, "a government of the victors has been created."

The latest flashpoint came when Ukrainian authorities said Russian troops had issued an ultimatum for two of the besieged country's warships to surrender or be seized.

"I call on the leadership of the Russian Federation. Stop the aggression, stop the provocations, stop the piracy! These are crimes, and you will be called to account for them," said acting Ukrainian President Oleksandr Turchynov.

"The commanders and crews are ready to defend their ships. They are defending Ukraine," Turchynov said in a televised address to the nation after a military spokesman said Ukraine's corvette Ternopil and command ship Slavutych were being blocked by four Russian navy ships in the Crimean port of Sevastopol.

THE ASSOCIATED PRESS

Tactics

Not so quiet on the Western Front

The U.S and major allies strained on Monday to rally a strong Western front to persuade Russia to step back from a military takeover of Ukraine's strategic Crimea region. But several acknowledged there are few options beyond already-threatened economic and diplomatic penalties, and critics said Obama administration efforts were too little.

President Barack Obama called the Russian advance in Crimea a violation of international law. He urged Congress to approve an aid package for the Ukrainian government, and repeated earlier threats that the U.S. would take steps to hurt Russia's economy and isolate it diplomatically if President Vladimir Putin does not back down.

Egyptian cops get 10 years for the beating death that helped set off 2011 uprising

Policeman Awad Suliman during sentencing. THE ASSOCIATED PRESS

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups however said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide from approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

Said's sister Zahraa said her brother was finally vindicated after the Alexandria court confirmed he died under torture and not from suffocation from swallowing drugs.

THE ASSOCIATED PRESS

The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.

Agricultural woes

Mozambique facing famine

Mozambique agriculture minister Jose Pacheco says that more than 300,000 people in the southern African state face famine this year.

Speaking on state radio on Sunday, Pacheco said the famine, which affects mainly the central and southern regions of Mozambique, has been caused by various factors, including drought, flooding and insect plagues. Crops are also being destroyed by wild animals, such as elephants and hippos.

Pacheco said the government is developing mechanisms to help peasant farmers produce more food.

THE ASSOCIATED PRESS

Bible tracts

North Korea deports Australian missionary

North Korea on Monday deported an Australian missionary detained for spreading Christianity in the country, saying he apologized for his anti-state religious acts and requested forgiveness.

Authorities in North Korea had arrested John Short for secretly spreading Bible tracts near a Buddhist temple in Pyongyang on Feb. 16, the birthday of late leader Kim Jong-il, the North's official Korean Central News Agency said. The report said that Short, 75, admitted he committed a crime that hurt the Korean people's trust in their leaders.

THE ASSOCIATED PRESS

Pompeii

Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites.

Pompeii's archaeological office said Monday a section of the recently restored wall had collapsed. The damage is in an area long closed to the public, at the edge of the excavations of the ancient Roman city. Officials said inadequate drainage in the unexcavated part is particularly worrisome. Rains lashing the Naples area recently were also blamed for damage discovered Sunday in other parts of Pompeii.

THE ASSOCIATED PRESS

Air ignorance. Passenger's sexist note sends veteran pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

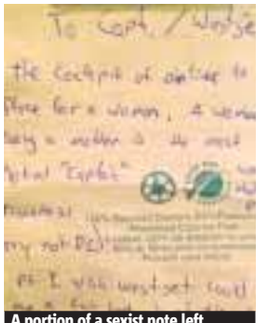
Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."



A portion of a sexist note left aboard a Calgary flight has stirred criticism from the pilot targeted by the remarks. FACEBOOK

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesperson Robert Palmer said in an emailed statement.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM EMILY JACKSON

Sask. lawyer suing Sun News host in $100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts, is seeking $100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial. PAWEL DWULIT/THE CANADIAN PRESS

Quebec. Dead body found was that of former Liberal politician, police confirm

Quebec provincial police say a woman found dead Saturday in the town of Matane is Nancy Charest, a former Liberal member of the national assembly.

The 54-year-old Charest was found near Highway 195, about 400 kilometres northeast of Quebec City.

Police say their investigation leads them to believe she was not the victim of foul play.

A coroner will perform an autopsy to confirm the exact cause of death.

Charest, who was not related to former Liberal premier Jean Charest, was a member of the legislature from 2003 to 2007 before being defeated by a Parti Quebecois candidate.

She also had two unsuccessful runs as a candidate for the federal Liberals, in 2008 and 2011.

THE CANADIAN PRESS

'Rape culture'

Legal threats dropped against Ottawa student union leader

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online Facebook conversation in which she was the subject of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," the 24-year-old said in an interview on Monday.

"I don't think I'm blowing this out of proportion."

THE CANADIAN PRESS

Pot program 'compromised' by rapid growth, feds claim

'Significant unintended consequences.' Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

In its submission, the government says the new system would allow people who currently grow their own pot to sell seeds to a licensed producer, making it possible for that producer to cultivate a patient's "preferred strain."

As of late January, about 70 strains of medical marijuana were available from licensed producers for as little as $5 a gram, with some offering discounts for low-income individuals, the government says.

Neil Allard of Abbotsford, B.C., says paying even $5 a gram for pot would consume more than his monthly income.

In its filing, the government allows that the cost of marijuana may initially increase for those who now produce their own, but says "that cost is likely to decrease significantly over time" as a result of competition, economies of scale, lower fees for skilled labour and technological innovation.

Federal lawyers also dismiss the challengers' key constitutional argument.

"The rights to life and security of the person do not encompass a right to produce one's own medication in order to avoid the cost of purchasing commercially available equivalents."

The court documents say Health Canada expects more than 20 producers will be licensed to produce marijuana for medical purposes.

In addition, the department has purchased a "significant quantity" of overstock marijuana from a private company in case of a supply shortfall during the transition period.

THE CANADIAN PRESS

Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

First witness at Pistorius trial recalls screams

Oscar Pistorius is escorted out of the high court after the first day of his murder trial in Pretoria, South Africa, Monday. The first witness — Michelle Burger, who lives about 180 metres from Pistorius' house — testified to hearing "blood-curdling" screams from a woman before she heard four gunshots on the night the double-amputee Olympian killed his girlfriend. Pistorius is charged with murder with premeditation in the shooting death of girlfriend Reeva Steenkamp in the pre-dawn hours of Valentine's Day 2013. THE ASSOCIATED PRESS

Obama pressures Israel as peace talks deadline looms

Israeli-Palestinian conflict. U.S. seeking to get both sides to sign a framework by the end of April

Seeking to salvage an elusive Middle East peace plan, U.S. President Barack Obama pressed Israeli Prime Minister Benjamin Netanyahu Monday to make the "tough decisions" needed to move forward on talks with the Palestinians.

But facing a U.S.-imposed April deadline, the Israeli leader declared pessimistically that, "Israel has been doing its part and, I regret to say, the Palestinians have not."

Obama and Netanyahu spoke before a White House meeting on a snowy Monday in Washington.

The meeting marked a more direct foray by Obama into the peace negotiations, which he has so far largely ceded to Secretary of State John Kerry.

Kerry has made nearly a dozen trips to the region over the past year and is seeking to get both sides to sign a framework by the end of April that would serve as a guide for negotiations on a permanent solution to the long-running conflict between the Israelis and Palestinians.

The framework aims to address the core issues in the dispute, including borders between Israel and a future Palestine, the fate of Palestinian refugees and the status of the holy city of Jerusalem.

"Some tough decisions are going to have to be made," Obama said.

The president will meet in Washington later this month with Palestinian Authority President Mahmoud Abbas.

THE ASSOCIATED PRESS

West Bank settlements

Building activity doubled last year

Israel began building more than twice as many West Bank settlement homes in 2013 than it did the previous year, Israel's central bureau of statistics said Monday, just hours before its prime minster faced President Barack Obama in Washington.

In its annual roundup of the Israeli housing market, the bureau said work began on 2,534 new housing units in the settlements in 2013, compared to 1,133 in 2012. Nationally, Israel had a 3.4 per cent increase in housing starts over the same period.

The two leaders have been at odds over Israel's settlement policies on war-won land.

THE ASSOCIATED PRESS

Iran

Uranium stock cut, UN nuke chief says

Iran is cutting its stock of uranium that is closest to atomic weapons-grade as mandated in a deal with six world powers, the head of the UN nuclear agency said Monday.

But Yukiya Amano noted that the International Atomic Energy Agency remains short of money to be able to monitor Tehran's compliance with the agreement.

THE ASSOCIATED PRESS

Pakistan

Gunmen attack court complex

Gunmen stormed Pakistan's main court complex in Islamabad on Monday, cutting down fleeing lawyers before blowing themselves up in a rampage that killed 11 people. The bloodshed undermined the government's efforts to negotiate a peace deal with the main militant group, the Pakistani Taliban, just days after the organization announced a one-month ceasefire for the talks. THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

OPEN HOUSE: SASKATOON TRANSIT 2014 ROUTE ADJUSTMENTS

Saskatoon Transit is proposing a series of Route Adjustments for 2014, and we would like your feedback before a final proposal is presented to council.

The proposed 2014 Route Adjustments were designed based on comments and ideas previously gathered from you, our customers. Each event will include a brief presentation, followed by a Q&A session and an opportunity for attendees to visit information stations. Transit staff will also be available to answer questions and hear what you have to say about the proposed route adjustments.

Plans are to incorporate your feedback into the proposed adjustments and present a final report to Council for their approval.

The open house events will be held:

Tuesday, March 11, 2014
6:30 p.m. to 8:30 p.m.
Mount Royal Collegiate Cafeteria (2220 Rusholme Road)

Wednesday March 12, 2014
6:30 p.m. to 8:30 p.m.
Alice Turner Library (110 Nelson Road)

Free shuttles will be provided every 15 minutes from 6:00 p.m. to 9:00 p.m. between the open house locations and the nearest mall terminal.

For more information, visit saskatoon.ca and click on "T" for Transit or call the Transit Customer Service Centre at 306-975-3100.

MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100

LOST OR FOUND SOMETHING ON THE BUS?

Call 306-975-3100 or visit Saskatoon Transit's Customer Service Centre on 23rd Street in the Downtown Bus Mall.

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Don't worry about parking.
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DELIVERING BUS RIDER PRIDE

Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

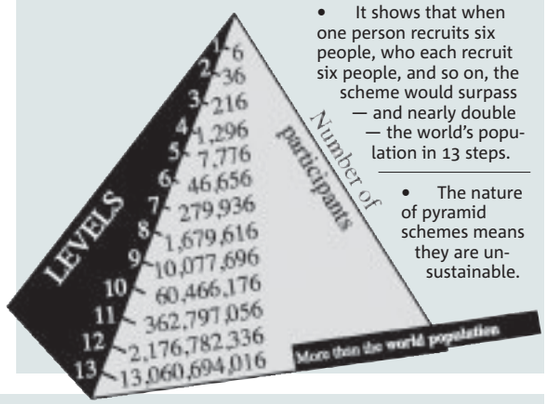
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 and $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

Mansbridge. CBC anchor defends paid speeches

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

"I would not, do not, and have not, given a speech either promoting oilsands development or opposing it."

Conflict of interest?

"The problem is in the money received."

Jeffrey Dvorkin, a former managing editor for CBC Radio, told As It Happens

The anchor of The National said he gives about 20 speeches each year, about half of them unpaid. When he receives a fee, he often donates part or all of the money to charity, he said.

THE CANADIAN PRESS

Mt. Gox. Bitcoin exchange blames theft for collapse

The Tokyo bitcoin exchange that filed for bankruptcy protection blamed theft through hacking for its losses, and said it was looking into a criminal complaint.

In an announcement posted on the Mt. Gox exchange's website Monday, CEO Mark Karpeles outlined the events that resulted in the company's insolvency and said there was a "high probability" theft was behind the disappearance of bitcoins.

"We will make all efforts to ensure that crimes are punished and damages recovered," Karpeles said. He said Mt. Gox will try to resume business as a way of increasing repayments to its creditors.

The online exchange was unplugged early last week as rumours of its insolvency swirled, adding to doubts about the viability of bitcoins overall. Its woes are a setback for bitcoin, a virtual currency that has grown in popularity since its 2009 creation as a way to make transactions across borders without third parties such as banks.

THE ASSOCIATED PRESS

Whether it's actually a joke, cultural commentary or a serious business venture, BiteLabs has Twitter users licking their lips in anticipation. CONTRIBUTED

Ball's back in Bill Gates' court as he regains title

Spinning in his favour. Billionaire philanthropist named world's richest person, with an estimated net worth of $76B

Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of $4.7 billion US. That's up from 1,426 billionaires last year with a net worth of $4.2 billion US. Total net worth of this year's list was $6.4 trillion US, up from $5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

THE ASSOCIATED PRESS

Treating stars like a piece of artisanal meat

CRAIG GOODHEW
Metro World News

How does Kanye West taste? It's a mystery that has cruelly eluded mankind. But BiteLabs is promising to provide answers for a range of celebrities, to create haute-couture meats through lab-developed tissue samples. A spokesperson for the organization told us more.

What was your inspiration?
BiteLabs is a recently formed startup that is trying to get off the ground to provoke a dialogue around what we see as an emerging market space. We think this is a fresh and still relatively untouched market and we're excited to be one of the first major commercial players in it.

How are you deciding which celebrities — did you consider their flavour?
We've consulted with culinary experts about developing flavour profiles for our celebrities. The four celebrities on the website do not necessarily make our final selection. In fact, we're willing to take any celebrity as a candidate. We've asked that our audience simply tweet at the celebrity they are interested in with the hashtag #EatCelebrityMeat.

How are negotiations going to secure the tissue samples — do you need permission?
As of now, we have not accepted any requests to get tissue samples. While many people (some somewhat famous Twitter personalities) have tweeted and emailed us requesting that we take a cell sample from them, we want to reserve our development efforts for more mainstream pop culture celebrities.

Could you give us an idea of the scale of the project?
The response we've had in the media is phenomenal. As an early stage startup, our first step is to gauge market interest — we need to connect with our user base and find celebrities interested in participating. Making celebrity meat a reality will all depend on our ability to generate public enthusiasm.

Unfair competition?

Supreme Court to look at who gets to whiten teeth

The Supreme Court will examine the North Carolina dental regulatory board's claim that only dentists should be allowed to whiten teeth.

The justices on Monday agreed to hear the state's Board of Dental Examiners' challenge to a lower court ruling and an order by the Federal Trade Commission.

The FTC said the board engaged in unfair competition in the market for teeth-whitening services by shutting down businesses such as day spas that offered the service.

THE ASSOCIATED PRESS

Russia

Turns out invading another country is not good for the bottom line

Russia's stock market dropped about 10 per cent on Monday and its currency fell to its lowest point ever against the dollar and the euro as worries grew over the potential economic repercussions of the crisis in neighbouring Ukraine.

Russia intervened over the weekend to take control of Crimea, a Ukrainian peninsula with strategic importance, and the new government in Kyiv fears a wider invasion.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.22¢ (-0.08¢)

TSX 14,212.74 (+ 3.15)

OIL $104.92 US (+$2.33)

GOLD $1,350.30 US (+$28.70)

Natural gas: $4.50 US (-$0.19)
Dow Jones: 16,168.03 (-153.68)

PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori
Traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

ISTOCK IMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

Twitter

@Russell_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history. Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror. The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender). Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson). **PETER HOWELL**

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.
Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul. "It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul. "So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul. He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed. "I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

Busy Phillips

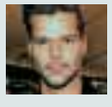
Phillips Busy trying to find Michelle a new man

Busy Phillips is reportedly "desperate to find a man" for pal Michelle Williams, but her judgment might not be the most sound, as the Cougar Town star is apparently trying to push Williams into the newly single arms of Jake Gyllenhaal, according to Radar Online. "Busy's been trying to match-make them for a good year now and got her hopes up when she saw how Jake really became a shoulder to cry on for Michelle at their friend Philip Seymour Hoffman's funeral," a source says. "But despite her efforts, she still hasn't gotten them to go out on a date yet. Busy is not really taking into account that Jake would have an issue with dating the ex of his late close friend Heath (Ledger)." Also, Williams might not be so keen on taking her friend's advice again, as Phillips was reportedly the one who set her up with ex-boyfriend Jason Segel, "who really broke Michelle's heart," another source adds.

Twitter

@justinbieber
Keep the party going

@realjknoxville
Bad Grandpa didn't win for best makeup but i did get a chocolate Oscar to take home.


@ricky_martin
Well I bathed.

Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered $1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

Claudia Schiffer

Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?

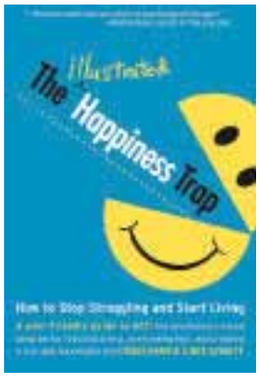
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from all the other books about happiness?

Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?

Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.



For your phone

Adrian Peterson Driven (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.

Some food trends are here to stay

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, our registered dietitian columnist Sue Mah shares some popular food movements that she says are here to stay. "In my 20 years as a dietitian," she says, "I've learned that the world of nutrition is like fashion — fads come and go. But thanks to new research, some trends will stand the test of time."

Getting smart about carbs

We shouldn't be cutting out all carbs. They provide B vitamins, iron and fibre, and are good fuel for our muscles and brain. The key is to choose whole-grain carbs (such as brown rice and barley) more often than refined carbs (such as white rice or white pasta). Whole grains have more vitamin E, magnesium and zinc. Yes, gluten-free is a huge trend too, but another reason grains like buckwheat and quinoa are here to stay is because they are a source of protein.

Being sensible about sodium

The average Canadian eats about 3,400 mg of sodium every day, which is equal to about one and a half teaspoons of salt. Most of that comes from packaged foods. We do need sodium to control our blood pressure and help our muscles and nerves to work properly, but too much can lead to high blood pressure. Health Canada recommends we limit sodium to 1,500 mg a day, but Hypertension Canada reviewed the latest science and found that, for most adults, cutting back to a maximum of 2,000 mg of sodium (just under one teaspoon) daily — a target I feel is more achievable — can still have beneficial effects on blood pressure. Speak to your doc about what's right for you.

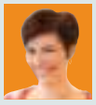
Having better breakfasts

Gone are the days of eating only a muffin for breakfast. The trend is now toward eating protein in the morning to help you feel full, which may minimize overeating during the day. Protein also helps build antibodies and muscles. Aim for 25 to 30 grams of protein at breakfast. Here are two breakfast ideas that each have 25 grams of protein: A peanut butter sandwich on whole-wheat with a glass of skim milk (440 calories); or two scrambled eggs with ham and a cup of soy beverage (390 calories).

For one more breakfast idea, plus lots of easy recipes, pick up the March/April issue of Best Health. **BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

Health Solutions

I see your protein and raise you three scallops



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

From N.C., with love

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

No party needed for this type of cocktail

This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Fill a large (6- to 8-quart) stockpot halfway with water, then add 2 tablespoons of salt. Bring to a boil. Add the lemons, then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer shrimp to bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and devein them, then pat them dry and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serving bowl and place in the centre of the serving dish. Arrange the chilled shrimp around the edges. THE ASSOCIATED PRESS

Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon
- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

Borrow these tips for securing a loan

JANE DOUCET
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there is a penalty for paying off the mortgage before the end of the term.

Ask the right questions when shopping for a mortgage. LDPROD/SHUTTERSTOCK

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

Make informed choices

Much like planning a trip, the key to successful investing is having the right information, a well-constructed plan and, often, the right advice.

You don't need a PhD in history to visit ancient Rome, but reading a travel brochure before your trip will give you information to help you decide how much time to spend there. Once you know the basics, a travel adviser can suggest where to stay and eat and which places of interest to visit.

On your financial journey, knowing some basics will help you ask the right questions, obtain the best advice and feel confident about your decisions.

Here are some key principles that will help you manage your investments effectively over time:

- Choose your investments based on when you expect to need the money.
- Spread money among different investments (called diversifying your portfolio) to soften the impact of any major changes in the market.
- If you need to withdraw money from a mutual fund earlier than planned, take it from a fund that does not impose a penalty for early withdrawal.
- Make sure you understand the full costs of your investments.
- Once a year, or anytime you experience a major life change, review your investment choices and make changes if appropriate. NEWS CANADA

Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

Small business. A plan is critical

YLVA VAN BUUREN
For Metro

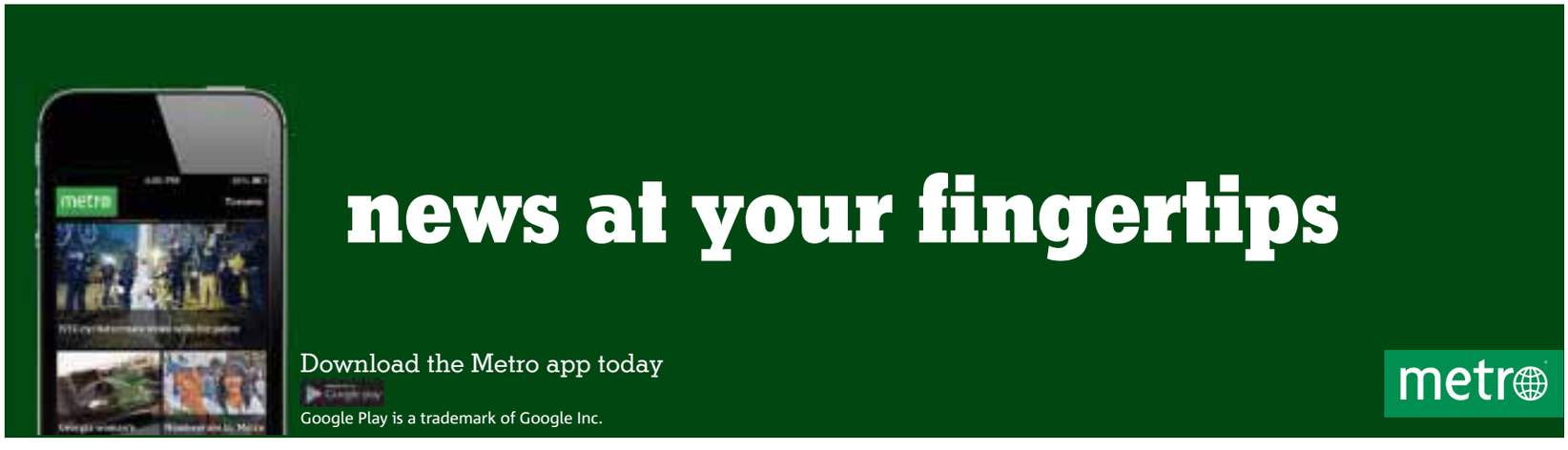
Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

- Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.
- Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)
- Be clear about capital and cash flow needs. "You don't have to plan to every penny … but you need to have a guide."
- The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business ... you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more (canadabusiness.ca/eng/program/search/).



Columbus Blue Jackets goaltender Sergei Bobrovsky watches as teammate James Wisniewski scrambles the puck away from Toronto Maple Leafs Tyler Bozak and Carl Gunnarsson on Monday night in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Jackets defence drapes over Leafs

NHL. Maple Leafs drop third straight coming out of Olympic Games

Defenceman Dalton Prout and centre Artem Anisimov scored in the second period as the Columbus Blue Jackets held off the Toronto Maple Leafs for a 2-1 victory on Monday.

It's the Leafs' third consecutive loss since the Winter Olympics in Sochi. The loss ends a seven-game home winning streak for Toronto, the Leafs' longest at Air Canada Centre since a nine-game run in 2006-2007.

Monday night

2	1
Blue Jackets	Maple Leafs

Prout and Anisimov scored less than three minutes apart for Columbus, while goalie Sergei Bobrovsky was solid making 28 saves.

The win gives the Blue Jackets a sweep of the season series as Columbus beat Toronto 5-2 on Oct. 25 and thumped the Leafs 6-0 on Nov. 25.

Mason Raymond replied for Toronto (32-23-8), making a game of it when he wired a slapshot past Bobrovsky at 15:45 of the third period. That's as close as the Leafs would get, however, despite a late flurry when goalie James Reimer was pulled. Reimer made 31 saves in the loss.

Toronto had won five of six games prior to the Olympic break to climb into the upper echelon of the Eastern Conference standings, but they're backtracking with an 0-1-2 showing since the Olympics. The Leafs hold one of the East's two wild-card positions, but have a number of teams nipping at their heels.

THE CANADIAN PRESS

Spring training

Peralta's bat just fine in new Cardinals outfit

Jhonny Peralta homered twice against his former team, going deep in his only plate appearances Monday in the St. Louis Cardinals' 8-5 loss to the Detroit Tigers.

Peralta played for the Tigers for 3.5 seasons before signing with St. Louis as a free agent this off-season. He said Cardinals manager Mike Matheny asked a couple days earlier if he wanted to make the spring training trip to Lakeland to face Detroit. Peralta accepted that offer — then made his visit worthwhile with two solo homers off left-hander Drew Smyly.

THE ASSOCIATED PRESS

NHL

Soldier Field saps Blackhawks of one of their best

Blackhawks forward Marian Hossa will miss two to three weeks after he left Saturday night's 5-1 victory over Pittsburgh with an upper-body injury.

It was unclear when exactly Hossa was injured. He took a hard hit from Penguins forward Craig Adams during Chicago's second power play of the first period at Soldier Field.

The injury is a big blow for the defending Stanley Cup champions, who lead the league with 213 goals this season. The 35-year-old Hossa has 24 goals and 26 assists in 57 games.

THE ASSOCIATED PRESS

Murray miffed by Spezza speculation

Senators brass say they aren't looking to trade away captain Jason Spezza, but that they're looking for a winger to complement the centre ahead of Wednesday's trade deadline. DARRYL DYCK/THE CANADIAN PRESS

The Ottawa Senators say they have no plans to trade their captain.

Reports surfaced on Monday that the Senators were exploring potential interest in forward Jason Spezza, but shortly afterward Ottawa general manager Bryan Murray refuted those reports.

"The thing that really bothers me, I've got all kinds of calls on that now, and texts on that now, is some guy that I don't know has put it out on Twitter that we're shopping Jason Spezza. Every media guy grabs that and goes with that," said Murray to reporters in Vancouver, where the Senators beat the Canucks 4-2 in Sunday's Heritage Classic outdoor game.

"I had one guy ask if I want to comment to quiet the rumours and I said, 'No.' I'm not going to.... The more I say about it the more it's going to be played over and over in the next couple of days. I'll just say we have not talked, at this point in time, about Jason Spezza."

Leading up to the trade deadline the Senators had been talking about finding a winger for Spezza, not replacing him.

THE CANADIAN PRESS

Uncertainty in Ottawa

"You deserve to be a little bit uneasy, you shouldn't be comfortable with the situation. I'm not comfortable."

Coach Paul MacLean, whose inconsistent Sens sit three points out of a playoff spot after 61 games, making it hard to discern if they are a legitimate post-season contender or not.

Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

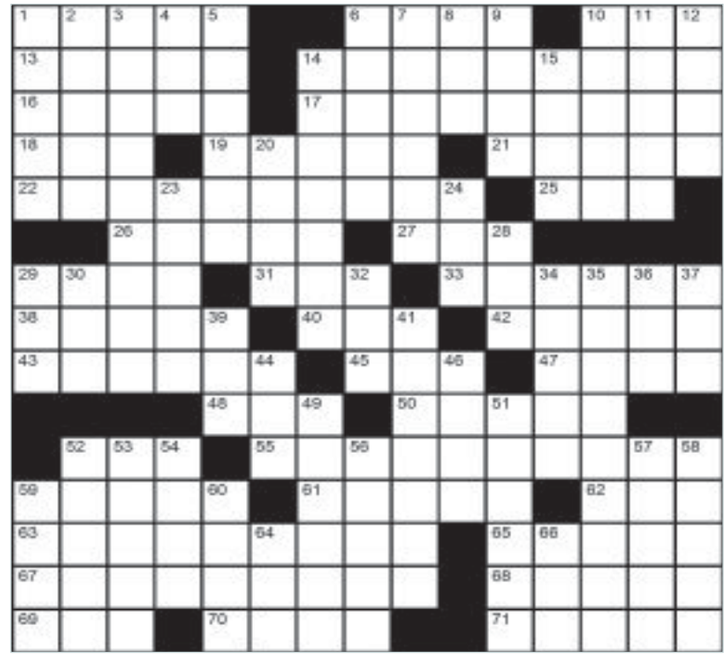
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

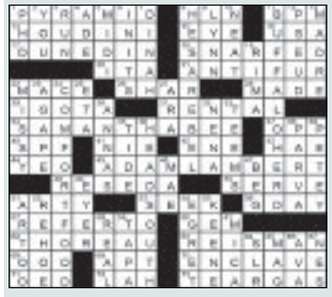
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old†Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-__-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC daytime chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			7					
2				4	5		3	
	4	6		2		8	5	1
	3					1	2	
			1		9			
	7	8					9	
8	5	9		3		4	6	
	2		4	8				5
					7			

Yesterday's Sudoku

9	3	6	5	4	7	8	2	1
1	7	5	3	8	2	9	4	6
2	4	8	1	9	6	5	7	3
4	8	7	6	3	1	2	5	9
5	6	1	2	7	9	3	8	4
3	9	2	4	5	8	1	6	7
6	1	4	9	2	5	7	3	8
8	5	3	7	1	4	6	9	2
7	2	9	8	6	3	4	1	5

Soap Stories is seeking
6 F/T Retail Sales Reps
to sell soap & bath products in
Market Mall, 2325 Preston Ave, Saskatoon.
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No Experience Required.
Email : soapskss@mail.com

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News worth sharing.

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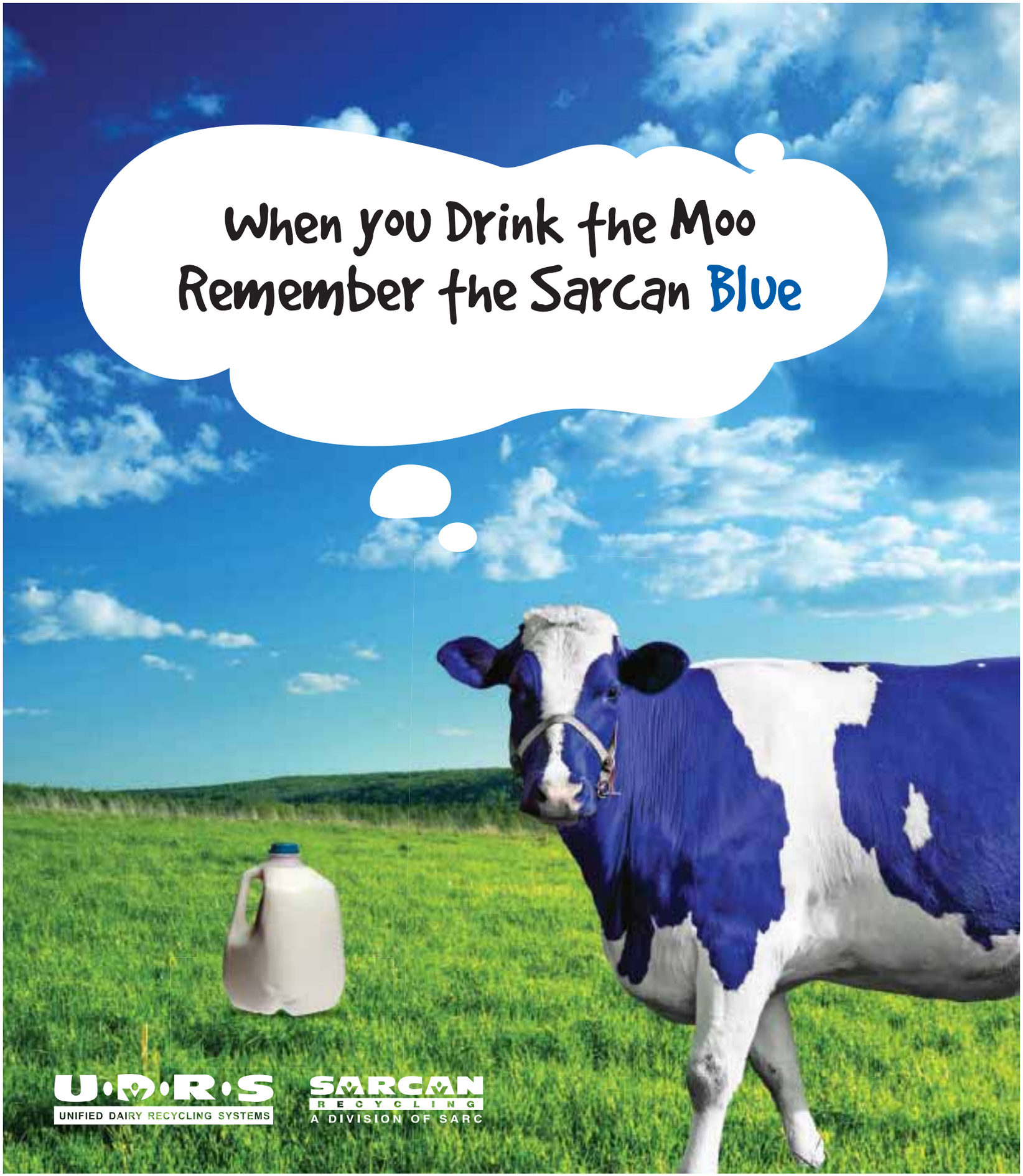
to sell soap & bath products in
Market Mall, 2325 Preston Ave, Saskatoon.
$13.20/Hr Plus bonus & commission.
Beauty certification required.
Email : soapskbto@gmail.com


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
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RECYCLING
A DIVISION OF SARC